Please write clearly in block capitals.

Centre number | | | | | | Candidate number | | | | |

Surname _____

Forename(s) _____

Candidate signature _____
I declare this is my own work.

A-level
PHYSICAL EDUCATION

Paper 1 Factors affecting participation in physical activity and sport

Wednesday 24 May 2023 Afternoon Time allowed: 2 hours

Materials
For this paper you may use:
- a calculator.

Instructions
- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions. You must answer the questions in the spaces provided. Do **not** write on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information
- The marks for questions are shown in brackets.
- The maximum mark for this paper is 105.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

For Examiner's Use	
Section	Mark
A	
B	
C	
TOTAL	

Do not write outside the box

Section A

Applied anatomy and physiology

Answer **all** questions in this section.

Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD ⬬ WRONG METHODS

If you want to change your answer you must cross out your original answer as shown.

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

0 1 Which lung volume will be **lower** during exercise than at rest?

[1 mark]

A Inspiratory reserve volume ⬭

B Minute ventilation ⬭

C Residual volume ⬭

D Tidal volume ⬭

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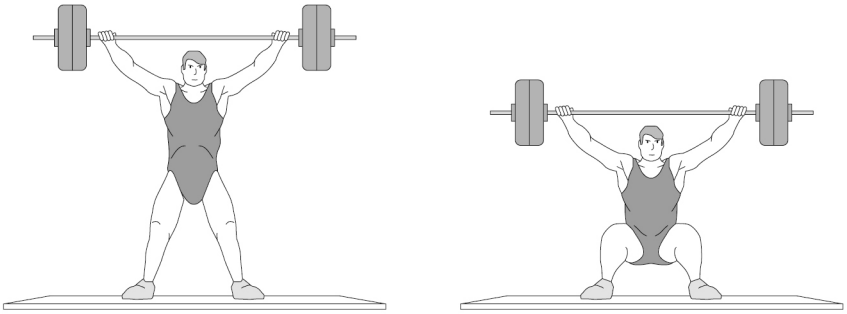
0 2 **Figure 1** shows an athlete performing a squat.

Figure 1



Position **A** Position **B**

Which one of the following best describes the action of the quadriceps muscle group between position **A** and position **B**?

[1 mark]

A Contracting concentrically ⬭

B Contracting eccentrically ⬭

C Contracting isometrically ⬭

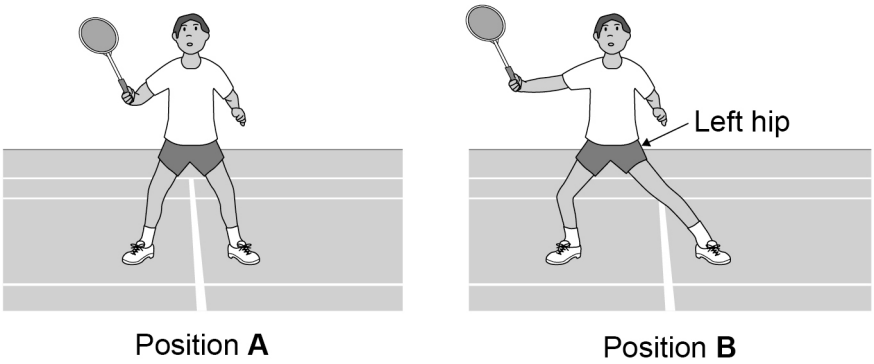
D Relaxing as the antagonist ⬭

Turn over for the next question

Do not write outside the box

0 3 **Figure 2** shows a badminton player in two different positions as they prepare to hit a shot.

Figure 2



Complete **Table 1** for the movement at the left hip as the badminton player moves from position **A** to position **B**.

[4 marks]

Table 1

Articulating bones	1 _____ 2 _____
Type of joint	
Plane	
Axis	

0 4 Describe the role of the sympathetic and parasympathetic nervous systems in the regulation of heart rate.

[3 marks]

_____

_____

_____

_____

_____

_____

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0 5 An amateur boxing match consists of three rounds. Each round lasts 3 minutes. There is a 1-minute break between each round.

Analyse the role of excess post-exercise oxygen consumption (EPOC) during the match **and** its impact on the performance of the boxer as the rounds progress.

[3 marks]

Turn over for the next question

Do not write outside the box

0 6 Evaluate which of the following training methods would have the greatest positive impact on the energy systems an elite road cyclist uses in a race:

- altitude training
- high intensity interval training (HIIT).

[8 marks]

You may use this space to plan your answer.

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0 7 **Table 2** shows the difference in physiological measures between two 30-year-old 1500 m runners.

Table 2

	Runner A	Runner B
Max cardiac output (L/min)	20	25
Max A-VO_2 diff (ml/L)	130	140
Slow oxidative muscle fibre %	60	70

Evaluate whether the data in **Table 2** could be used to predict the VO_2 max of each runner **and** which runner would win a 1500 m race.

[15 marks]

You may use this space to plan your answer.

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Section B

Skill acquisition

Answer **all** questions in this section.

0 8 Which **one** of the following is most commonly described as trial and error learning?

[1 mark]

A Insight learning

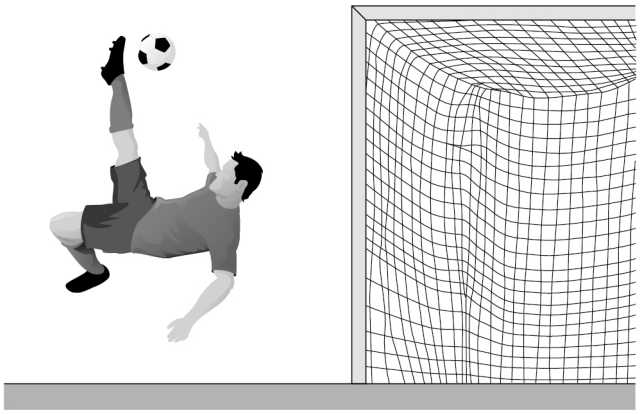
B Observational learning

C Operant conditioning

D Social development theory

0 9 **Figure 3** shows a footballer performing an overhead kick.

Figure 3



Which **one** of the following is the correct skill classification for an overhead kick in football?

[1 mark]

A Complex and low organisation

B Complex and high organisation

C Simple and low organisation

D Simple and high organisation

Do not write outside the box

1 0 Negative transfer occurs when the learning of one skill hinders the learning of another.

1 0 . 1 Outline **two** causes of negative transfer.

[2 marks]

1 _____

_____

2 _____

_____

1 0 . 2 Describe **one** way a coach can prevent negative transfer occurring.

[1 mark]

_____

_____

1 1 . 1 Define the term 'psychological refractory period'.

[1 mark]

_____

_____

1 1 . 2 Explain why the psychological refractory period occurs.

Refer to a sporting example in your answer.

[3 marks]

_____

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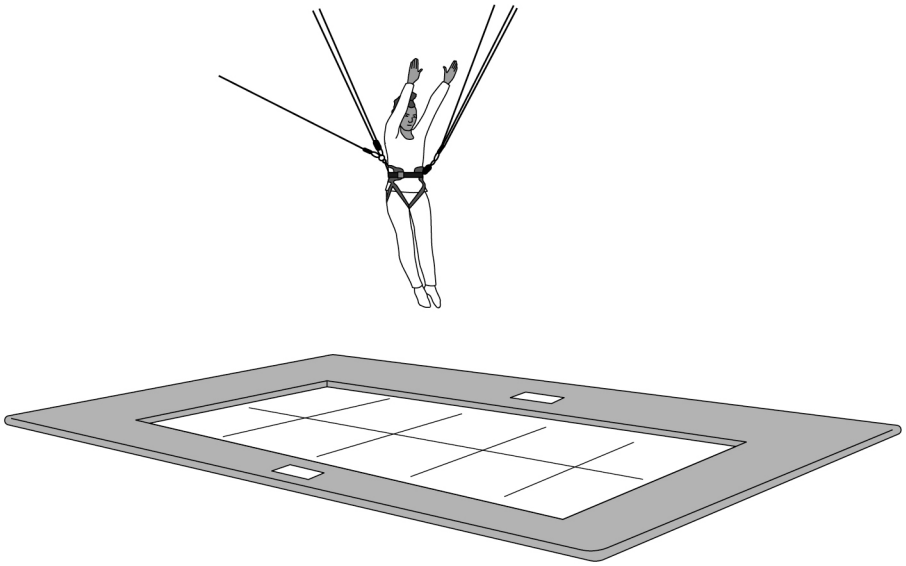
1 2 A trampolinist is learning to perform a somersault using a harness.



Evaluate the use of mechanical guidance for this performer.

[3 marks]

Turn over for the next question

Do not write outside the box

1 3 Tom Daley won an Olympic gold medal in diving.

Evaluate the effectiveness of mental practice when developing a diver's performance.

[8 marks]

You may use this space to plan your answer.

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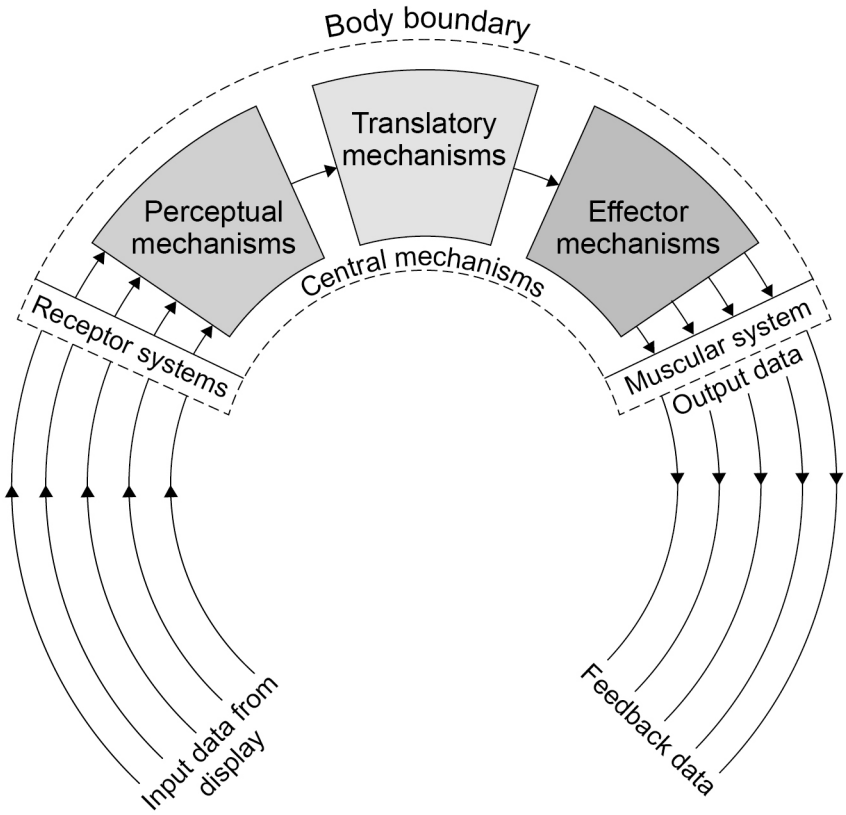
1 4 **Figure 4** shows Whiting's information processing model. Over arousal can impact a performer's ability to process information effectively.

Figure 4



Analyse how over arousal would impact on the information processing of a basketball player when attempting a pass.

Refer to Whiting's information processing model throughout your answer.

[15 marks]

You may use this space to plan your answer.

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Section C

Sport and society

Answer **all** questions in this section.

1 5 Which **one** of the following is **not** a primary focus of Sport England?

[1 mark]

A To improve access to funding for new clubs

B To improve the quality of physical activity provision

C To increase access to sport

D To increase the number of elite competitions

1 6 Which **one** of the following is a characteristic of real tennis **and** mob football in pre-industrial Britain (pre-1780)?

[1 mark]

A Involved wagering

B Played by the lower class

C Required expensive facilities

D Violent and unruly

Turn over for the next question

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1 7 . 1 Children in state schools have a different sporting experience than children in private schools.

This is one result of social stratification.

Define social stratification.

[1 mark]

_____

_____

1 7 . 2 State **three** reasons why attending a private school may improve a child's opportunities in sport.

[3 marks]

1 _____

2 _____

3 _____

1 8 Laura is trying to lead a more active lifestyle. She is considering taking up jogging or playing 5-a-side football.

Explain the similarities **and** differences of benefits gained from increased participation in:

- jogging alone
- playing 5-a-side football.

[3 marks]

_____

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1 9 Evaluate whether primary or secondary socialisation has a greater impact on an individual's participation in sports throughout their life.

[3 marks]

Turn over for the next question

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2 0 During the post-World War II period (1950 to present day) the status of elite tennis players has changed.

Evaluate how the changing status of professionals in tennis has affected the players.

[8 marks]

You may use this space to plan your answer.

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2 1 The industrial and post-industrial period (1780–1900) saw an increase in the spread of rationalised sport throughout Britain.

Analyse the impact of the following factors on the spread of Association Football in Britain:

- the church
- local authorities
- transport
- communication.

[15 marks]

You may use this space to plan your answer.

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END OF QUESTIONS

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ANSWER IN THE SPACES PROVIDED

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